

NSA Bahrain Teen Represents Europe, Africa and S.W. Asia

By MC1 (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Deandra Andrade, a 15-year-old from Naval Support Activity (NSA) Bahrain, was selected as the Commander, Navy Installations Command (CNIC) Child and Youth Programs (CYP) Navy Teen Council (NTC) representative for Navy Region Europe, Africa, and Southwest Asia (EURAFSWA) for FY 2014.

The NTC began in 2012 with the selection of 10 teens from within the U.S. with the goal of mobilizing Navy teens worldwide by improving the sense of a “Navy Teen Community”. This year’s selection included teens from overseas locations and a Navy Reservist teen representative. Deandra was selected amongst teens from NSA Bahrain and then she competed against teens from Navy installations around the EURAFSWA region.

“The group of teens we have at NSA Bahrain are some of the most impressive young people I have ever met,” said Jarod Bailey, Youth Director for CYP Bahrain. “Choosing one teen out of that group was an exceptionally difficult decision.”

Deandra’s parents have been employed aboard NSA Bahrain for multiple periods totaling more than nine years. During that time, Deandra has been involved with the CYP

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Photo by MC1 (SW) Steve Smith

Deandra Andrade, Navy Teen Council representative, (right) spends free time with her friends at the Teen Center aboard Naval Support Activity (NSA) Bahrain.

NSA Bahrain Cub Scouts Visit NSF



Photo by MC1 (SW) Steve Smith

Naval Security Force (NSF) Bahrain Master-At-Arms answer Cub Scouts’ questions in the NSF dispatch office aboard Naval Support Activity (NSA) Bahrain. Cub Scout Pack 826 took a tour of NSF locations and received basic instruction on personal safety and security.

By MC1 (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Cub Scout Pack 826 from Naval Support Activity (NSA) Bahrain participated in an evening of activities with Naval Security Force (NSF) Bahrain Nov. 3.

The boys, ages 8-10, were given a tour of NSF facilities and the opportunity to interact with NSF personnel while learning about the importance of personal security.

“These are kids growing up and they can be very impressionable,” said Master-At-Arms 2nd Class Steven Morris, assigned to the NSF Bahrain’s Training Dept. “We can teach them about safety and the importance of helping others and how to help themselves. Now is an important time in their lives to do that.”

The Cub Scouts gathered inside the main gate leading into NSA Bahrain where they learned about the role of the Navy’s

Master-At-Arms (MA). They were also given a short lesson about some of the hand signals MAs use to communicate directions, so the boys would be able to follow along during the tour.

The tour began with a stop to the NSF dispatch control room. The Cubs Scouts saw how the MAs monitor cameras, phones and radios to keep tabs on the daily operations around the base. The MAs demonstrated some of the equipment and answered dozens of questions from the boys.

“Tonight was awesome and my favorite part was being able to talk to the MAs,” said Miles Purley, Cub Scout Pack 826. “The MAs make me want to be a member of the military one day because I want to learn new things.”

The boys also visited one of the NSF armories where they were instructed on basic firearms safety and what to do if they were to ever find an unattended weapon.

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Family Life at NSA Bahrain

Scary Good Times at Bahrain DoDDS Spooktacular 2013

By MC2 Derric Cushman
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — The Naval Support Activity (NSA) Bahrain community was treated to two evenings of games, food and activities at the Bahrain Department of Defense Dependents School (DoDDS) Halloween Spooktacular 2013 Oct. 31 and Nov. 1.

The Spooktacular event is designed to give students, families and the local Bahrain community a sense of what typical Halloween celebrations are like in the U.S. Faculty and volunteers created a trick-or-treat lane, a haunted house, various games, and set up bouncy houses to ensure a true Halloween experience.

"The idea started where we wanted to bring a little piece of small town America to Bahrain," said Bridget Bradshaw, committee chairperson for Spooktacular 2013. "We wanted our families, who are here far away from home, to have a night they are used to and trick-or-treat in a safe environment. It's a fun event we could celebrate with our American families and also share with our international families."

Children from 43 countries, which are represented within the Bahrain School, were able to share in the 6th annual event. Spooktacular 2013, which sold out of the 900 tickets available, is a major fundraising event that brings donations to support various organizations and programs at the school.

"Spooktacular funds the bulk of our events throughout the year, so that's very important," said Bradshaw. "We just bought the Discovery Science Program for all our science



Photos by MC1 (SW) Steve Smith and MC2 Derric Cushman

teachers in every grade and we bought a math support program for our kids in kindergarten up through algebra. The event does so much more than just these two nights of fun."

Volunteers consisting of various organizations such as the Parents, Teachers, Student Organization (PTSO) and service members provided hours of volunteer time to support Spooktacular.

"I'm really impressed with the number of volunteers who come every year," said Shawna Haas, fourth grade teacher at Bahrain School. "The fact that we have 250 volunteers who come from our school family population and military population, I just think it's a wonderful way for everyone to get involved and help to raise money for the school."

Volunteers such as Master-At-Arms 2nd Class Jalic Wiley, assigned to Naval Security Force (NSF) Bahrain, were more than happy to help.

"I enjoy seeing the smiles on the kid's faces; how excited they are and how they get dressed up," said Wiley. "The money goes to so many different things, like flying to Germany to compete in baseball against the other DoDDS schools. It gives them a chance to go do those types of things and opens up the door for other opportunities."

"I got to play games and I also went through the haunted house," said Nicholas Mirisola, a third-grade student at Bahrain School. "I feel special because of all the work the teachers and volunteers did for us."



439-4520
www.cnic.navy.mil/bahrain

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Chaplain's Corner

Not ANOTHER Party?



By Shaun S. Brown
NSA Bahrain Command Chaplain

Don't get me wrong; I love a good time just as much as the next guy/gal. But this is getting ridiculous. Every time I turn around there's yet another celebration, party, ball, hail, farewell, dining in or out. But don't think for one minute that your friendly neighborhood chaplains aren't going to get into the act; we've got our very own "goings on" going on on Monday, 25 November – a few days before the U.S. Navy Chaplain Corps Anniversary.

Shortly after the Second Continental Congress established our Continental Navy and Continental Marines, the Marine Committee – in the second article of Navy Regulations, adopted on Nov. 28, 1775 – mandated that "the Commanders of the ships of the thirteen United Colonies, are to take care that divine service be performed twice a day on board, and a sermon preached on Sundays, unless bad weather or other extraordinary accidents prevent."

Since then we've had chaplains serving with Sailors, Marines, and Coast

Guardsmen in times of war and times of peace. Nowadays, we have Navy chaplains serving with the Army and Air Force in the Joint arena. We've had Navy chaplains awarded the Medal of Honor and Navy Cross. We've had Navy chaplains make the ultimate sacrifice along with or on behalf of their shipmates.

Interestingly, in language reminiscent of that second article of Navy Regulations, OPNAVINST 1730.1D (RELIGIOUS MINISTRY IN THE NAVY) states that "Commanders shall provide the Command Religious Program and use all proper means to develop and strengthen the spiritual well-being and operational readiness of command personnel by providing for the religious ministry requirements of service members, their families, and other authorized personnel." So, you see: we chaplains aren't just sitting over here doing our own little "chaplain thing." Far from it! We're assisting our commanding officers fulfill their obligation – and helping those who so chose exercise their First Amendment right of Freedom of Religion. And if that's not reason to celebrate then I don't know what is!

So, whether it's actually providing religious ministry to those of our own faith, facilitating for the religious needs of members of other faiths, caring and counseling for anyone of any or no particular faith, or advising commanding officers how they can best satisfy their mandate, it is a privilege to serve. And if you happen to be in the vicinity of Oasis A P911 next Monday, Nov. 25 at around 1300 stop in and say "Hey!" (Just email me first at shaun.brown@me.navy.mil so I can have a cup of Joe ready for you!) and wish us a happy anniversary and all the best for another 238 years of ministry with the men and women of the sea services.

IG HOTLINES

Report Fraud, Waste, Mismanagement, Military Whistleblower
Complaints & Improper Mental Health Referrals to one of the following:

CNREUAFSWA Inspector General (NSA Bahrain)

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: ig hotline@eu.navy.mil

Website: <http://www.cnrc.navy.mil/Europe/About/RegionalDepartments/InspectorGeneral>

NAVCENT Inspector General

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: ig.hotline@me.navy.mil

Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: NAVIGHotlines@navy.mil

Website: <http://www.ig.navy.mil>

United States Army Inspector General

Telephone #: 703-695-1500 DSN: 312-225-1500

United States Air Force Inspector General

Telephone #: 202-404-5354 DSN: 734-5354

DoD Inspector General

Telephone #: 703-604-8799 DSN: 312-664-8799 Website: <http://www.dodig.mil/>

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WON'T FADE
CHOKED
PUSHED
THREATENED
PUT-DOWN
SCARED
INTIMIDATED
MANIPULATED
HUMILIATED
BATTERED
ISOLATED
BROKEN

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Please call 1705-4011 if you are in immediate danger.



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your family
your health
your kids
your budget

your strength
your friends
your unit
your country

**Tobacco Free
in the
DoD**

Great American Smoke out

November 21, 2013

1030-1330

Join the Naval Branch Health Clinic's Health Promotion team outside the P 911 building. We will be there to assist in enrolling those who wish to quit tobacco use in our Tobacco Cessations program and, to answer any questions you may have. Hope to see you all there!

Driving in the "Rain of Bahrain"

- ✓ Many kinds of pavement are the most slippery when it first starts to rain because oil and dust have not yet washed away. Slow down at the first sign of rain, drizzle on the road
- ✓ Turn on your windshield wipers, headlights, and defroster
- ✓ Assess current driving conditions and adjust your speed to those conditions. Under certain conditions, the posted limit may be too fast
- ✓ In a heavy rainstorm, you may not be able to see more than 100 feet ahead. When you can not see any farther than that, you can not safely drive faster than 40 mph

FOR ADDITIONAL INFORMATION CONTACT THE NSA
BAHRAIN SAFETY OFFICE at 439-3528

Boys & Girls Club Rep. Visits NSA Bahrain



Photo by MC1 (SW) Steve Smith

Dianely Heredia, director of organizational development for BGCA for the European region, explains application procedures to Kiera Lewis, NSA Bahrain's Youth of the Year.

By MC1 (SW) Steve Smith
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain
— Children, teens and staff of the Child and Youth Program (CYP) at Naval Support Activity (NSA) Bahrain participated in

training, seminars and activities from a visiting Boys & Girls Clubs of America (BGCA) overseas military liaison Oct. 31-Nov. 5.

Dianely Heredia, director of organizational development for BGCA for the European region, began her visit by provid-

ing CYP staff with support, training and consultation for all BGCA school age and teen programs.

"The benefit of the visit to Bahrain and the provided training with our staff ensures we are running the programs within the vision of the BCGA," said Jarod Bailey, youth director for CYP Bahrain. "It allows for our kids to have the same opportunities as children in the U.S. would have. It also provides consistency between the programs throughout the military no matter what base the kids may go to."

"This was Dianely's first visit to Bahrain," said Grace Purley, teen programs director for CYP Bahrain. "I have been fortunate enough to have attended seminars, webinars and conferences, however programs change all the time, so it was a nice refresher training and update of the latest BGCA programs. We can now implement them here to better serve our young community."

Heredia also met with teens at the Keystone Club's first Leadership Conference. Teens participated in seminars, wrote speeches and competed during the Youth of the Year selection during the conference. With Heredia's help, the Keystone Club was able to hold the Keystone conference, which was one of the requirements to achieve the BGCA's "silver" status. NSA Bahrain's Keystone Club is one of only nine silver status BGCA clubs out of a total

of 650 chartered clubs worldwide.

"Our organization really feels the need for participation," said Heredia. "We are true partners, so we need to be able to support our military in anyway possible. There is nothing like face-to-face interaction with teens and to build those relationships. Our organization is focused on being able to provide those on-site experiences and opportunities."

CYP Bahrain in association with BGCA runs several programs for children in kindergarten through high school. Programs include; Smart Girls, Passport to Manhood, Diplomas to Degrees, and Power Hour. These programs are designed to develop kids in various age groups as they prepare for adulthood through academic improvement, positive counseling and empowerment.

"Family for most people is a very important thing," said Heredia. "If you are looking for opportunities for your kids, some of the most important things to think about are programs where the staff genuine, where they care about your kids, and where they offer as many opportunities for growth and development in a positive way. What I have experienced in Bahrain is the school age and teen center staff truly cares about the kids and teens. And whatever they need to do to form relationships, encourage and provide opportunities, is what they are trying accomplish."

Kids vs MARINES

NERF BATTLE

NAVY CYP

DEPARTMENT OF THE NAVY

UNITED STATES MARINE CORPS

THURSDAY, NOVEMBER 21ST

1600-1800

@ FLEET PARK SOFTBALL FIELD

*** AGES 6-18**

MWR Bahrain & CYP are proud to present the first-ever KIDS vs. MARINES NERF BATTLE!

- Limited Nerf guns will be available on the day of the event on a first come first serve basis.
- Children are permitted to use their own Nerf guns, we will provide all ammunition.
- Eye protection is required, please mark all of your own gear.

For more information, contact Jarod Bailey @ Jarod.Bailey@me.navy.mil or call 439-4901

*Navy Child & Youth Programs welcomes children of all abilities.

MWR NSA BAHRAIN

Family Turkey Trot

1.5 Mile Walk/Run

Wednesday 27th NOV

@ 1630

Registration will start at 1600
Race sign-ups and starting point
at the NAVCENT Roundabout.

For more information call Fitness Center @ 439-9306.

George Washington Battle Group to Support Philippine Recovery Efforts

From Defense Media Activity

WASHINGTON (NNS) — Secretary of Defense Chuck Hagel has ordered the aircraft carrier USS George Washington (CVN 73) and other U.S. Navy ships to make best speed for the Republic of the Philippines.

The aircraft carrier, which carries 5,000 Sailors and more than 80 aircraft, is currently in Hong Kong for a port visit. The crew is being recalled early from shore leave and the ship is expected to be underway later this evening.

In company with the carrier will be the cruisers USS Antietam (CG 54) and USS Cowpens (CG 63), and the destroyer USS Mustin (DDG 89). The supply ship USNS Charles Drew (T-AKE-10) is already underway and will rendezvous with the group as they get closer. USS Lassen (DDG 82) got underway yesterday for the region. Embarked on board USS George Washington, is Carrier Air Wing Five (CVW-5).

CVW-5 is a collection of aircraft designed to perform various functions including disaster relief and includes the "Golden Falcons" of Helicopter Sea Combat Squadron 12 flying the MH-60S Seahawk; and the "Saberhawks" of Helicopter Maritime Strike Squadron 77 flying the MH-60R Seahawk.

As needed, these ships and aircraft will be able to provide humanitarian assistance, supplies, and medical care in support of the ongoing efforts led by the government and military of the Republic of the Philippines.

The ships should be on station within 48-72 hours. The Defense Department is continuing to work closely with the Philippine government to determine what, if any, additional assets may be required.



Photo by MC3 Declan Barnes

Capt. Tom Disy, commanding officer of the Ticonderoga-class guided-missile cruiser USS Antietam (CG 54), speaks to local media about Antietam and the George Washington Carrier Strike Group's plans to provide humanitarian relief to the Republic of Philippines in response to Super Typhoon Haiyan/Yolanda. The George Washington Carrier Strike Group will be able to provide humanitarian assistance, supplies, and medical care in support of the ongoing efforts led by the government and military of the Republic of Philippines.

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at every level. Deandra began with CYP when she was enrolled in the Child Development Center, and the School Age Care program, and now in the Teen Center.

"Deandra has spent more time in Bahrain than almost anyone else at NSA," said Bailey. "I think her time and experience here alone make her uniquely qualified for the position, but beyond that, she is ambitious, outgoing, responsible and highly intelligent."

Once selected as an NTC representative, Deandra flew to Washington D.C. To meet with the 12 other NTC representatives for workshops, team building, and round table discussions. The teens then briefed senior Navy leadership on programs and suggestions to bring teens together and get them involved in their local communities.

"I think I'm impacting positively because now they are no longer looking at just the Teen Centers and activities in the U.S.," said Andrade. "Most of the Teen Centers in the U.S. basically operate all the same way and have many opportunities for field trips and activities. Now, the leadership paying more attention at the other Teen Centers overseas, which may have limited opportunities and different ways of doing things."

Upon her return from Washington D.C., Deandra briefed the NSA Bahrain commanding officer on her experiences at the conference and proposed ideas and suggestions for the Teen Center in Bahrain.

"Deandra returned from Washington very excited with everything she learned and from her experiences," said Grace Purley, Lead Programs Assistant for CYP Bahrain. "She has been going non-stop since her return. The teens have all been very supportive of her and they were very happy to have her represent them in D.C."

"I spoke to the CO about one new program, which is a website for teens," said Andrade. "Teens will be able to go to the website and see what programs and events are coming up at the Bahrain Teen Center or any other Navy Teen Center. They will be able to register and sign up for events online."

Deandra also suggested a monthly hail and farewell dinner for the teens. Another idea the teens would like Deandra to bring to the attention of NSA Bahrain leadership is extending the hours of the cafe outside the teen center.

"I think having Deandra selected to represent Bahrain and EURAFSWA speaks volumes for the quality of people and programs we have here," said Capt. David Meron, commanding officer of NSA Bahrain. "She is very passionate about what she does. She's energetic, very outgoing and is one of the best teens in the Navy. The position is important for her to get the experience and recognition she needs. With her help, the teens and the staff of the Teen Center have made this a world-class program and one of the best in the Navy I have seen."

Some of the requirements to for applicants who wish to be selected for the CYP NTC include; be 14-17 years of age, maintain at least a 2.75 GPA with their respective high school, accumulate at least 40 hours of community service, be an active participant with an installation-based Navy Youth Program for at least two years, have no major disciplinary issues with their Navy Youth Program, school, or community and be able to serve a 2-year term of service in the NTC.




cyp Fine Arts Exhibit

Tuesday, Nov. 26
1730-1830
Located in the
Multi-purpose Room



Artwork must be submitted by Thursday, Nov. 21,
at the SAC or Teen Center and entered into one of the following categories:

Monochromatic Drawing	Multicolored Drawing	Pastel	Watercolor	Sculpture
Oil or Acrylic	Printmaking	Mixed Media	Collage	Group Project

Fine Art Clubs will be offered at Teen Center and SAC leading up to the exhibit. Stop by either program for schedules.

Art will be judged based on category & age group.
Local winners selected may participate in the regional Fine Arts exhibit
with a chance to be selected for the National Fine Arts exhibit.

All members of the Bahrain School Age Care & Teen Center ages 6-18 are eligible to participate.
 For additional rules on submitting entries please stop by School Age Care
 or call 439-4901 or email Jarod.Bailey@me.navy.mil

*Navy Child & Youth Programs welcomes children of all abilities.

CUB SCOUTS from Page 1

"What we did tonight can prepare them for things later on in life," said Master-At-Arms 2nd Class William Leonard, assigned to NSF Bahrain's Training Dept. "We gave the boys some good information about handling weapons and who to call in an emergency."

The tour ended in the NSF training classroom where the boys were given lami-

nated cards containing the boys' name, contact information and a list of emergency numbers. The boys also participated in a fingerprinting demonstration.

"I think the tour was really good and I like the part where we learned about the guns," said Blake Martin, from Cub Scout Pack 826. "I think the military police are doing a really tough job keeping us safe."

Thanksgiving

FREE LUNCH & DINNER

*Active Duty Military Personnel, DOD Civilians & Family members

MENU

*PLEASE SHOW VALID ID

- Caesar Salad
- Selection of Dinner Rolls
- Roast Beef
- Roast Turkey with Giblet Gravy
- Honey Baked Ham with Raisin Sauce
- Cornbread Stuffing
- Mashed Potatoes
- Green Beans
- Corn
- Sweet Potatoes with Marshmallows
- Pumpkin Pie
- Pecan Pie
- Soda and Iced Tea

28 NOV
1100-1400 • 1700-2000
Civilian Guests
and Contractors: \$12.00



NSA Bahrain MWR Tree LIGHTING CEREMONY

Night of Extraordinary Lights

THUR, 05 DEC.

Freedom Souq Courtyard


1700-2000

Join MWR to kick off this year's holiday season with our very own Tree Lighting Ceremony!

- Arts & Crafts for the kids.
- Holiday face painting and henna.
- Enjoy Free Santa's Hot Chocolate & Cookies while supplies last.
- Rock around the tree with special entertainment from The AFCENT Band.
- Meet Santa & Mrs. Claus

****Must bring your own camera to capture the moment****

- Meet Santa's Desert Camel
- F&B holiday menu available for purchase.
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For more information email: Gina.Woodley@me.navy.mil

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3D TICKETS: ADULTS: \$5.00 CHILDREN (6-12): \$3.00

Children 5 and under: FREE Admission

MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

***** MOVIE HOTLINE: 439-6916 *****



Holiday Shopping Souq: Manama Souq

Sunday, November 17

• Time: 0930 – 1400

• Min 5/Max 11 people; Price: \$5.00

Cooking Demonstration Of Arabic Food & Dinner

Tuesday, November 19

• Time: 1700

• Min 5/Max 10 people; ITT Price: \$23.00

Holiday Shopping City Center Mall

Wednesday, November 20

• Time: 0930 – 1400

• Min 5/Max 11 people; Price: \$5.00

Group Fishing Trip

Friday, November 22

• Time: 0800

Group of 6 people Cost: \$448.00

Max 6 people

Pearl "Snorkel" Hunt

Saturday, November 23

• Time: 0745

• Min 8 people; ITT Price: \$64.00

ITT

Al Dar Island Day Trip

Friday, November 15

• Time: 0930 – 1500

• Min 10 people; ITT Price: \$17.00

Swim With The Dolphins

Friday, November 15

• Time: 1000 – 1300

• Min 8 people; ITT Price: \$49.00

Guided Cultural Tour Of Bahrain

Saturday, November 16

• Time: 0900 – 1600

• Min 14 people; ITT Price: \$35.00

For more information, call x-3531
All dates and times are subject to change

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil
If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



Saturday, November 16

Pottery, Tree of Life & Mosque

• Van leaves @ 0830. Sign up in advance \$8.

Thursday, November 21

Last Buck Party

• Time: 1130

Sunday, November 17

Sunday Sundaes

• Free Ice Cream Sundae (while supplies last)

Sunday, November 24

Sunday Sundaes

• Free Ice Cream Sundae (while supplies last)

Monday, November 18

Speed Pool

• Time: 1130; Free Pizza for players

Monday, November 25

Speed Pool

• Time: 1130; Free Pizza for players

Tuesday, November 19

Minute to Win It

• Time: 1130

Happy Birthday November Babies!

Tuesday, November 26

Ping Pong Tourney

• Time: 1130

Wednesday, November 20

Lunchtime Bowling

• Time: 1130

Wednesday, November 27

Words with Friends

• Time: 1130

For more information, call the Liberty Center at 439-3192



@NSA Bahrain

Ric's Kountry Kitchen Traditional Thanksgiving Day Dinner

THURSDAY - Nov. 28, 2013

Buffet: 14.8BD - Free Glass of House Red or White Wine

Buffet: 18BD - With Unlimited Selected Beverages

Children Ages 6-10: 7.4BD

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6 HOURS OF BAHRAIN

November 29th, 30th

**Tickets are now
on sale online**

Adults BD20 | Kids BD10*

*Kids 3-12 years



WIN Ford Mustang 2013

Buy your ticket for the FIA WEC 6 hours of Bahrain and get the chance to enter the Raffle and win a Ford Mustang 2013

Hurry up and buy your ticket today.

winner will be announced on the race day 30th of November 2013

FINAL RACE OF THE SEASON



BOOK NOW: 17 450000 / BAHRAINGP.COM

A close-up photograph of a dish of fried chicken pieces. The chicken is golden-brown and appears to be coated in a thick, slightly sticky sauce. It is garnished with a vibrant green sauce, possibly a spicy or tangy dressing, and fresh green onions sliced into rings. The dish is served on a white plate, and the background is slightly blurred, focusing attention on the food.

Curry Tree	1603 0662	La Fontaine	1723 0123
Hyderabad House	1672 0031	Le Jardin	1774 2000
It's Mirchi	1772 7230	Links	1775 1262
Kalpaka	1729 7000	Little Chef/Wholesale	1759 5950
Khazana	1727 4767	Mei N Yu	1601 0160
Lanterns	1759 0591	Muju	1603 9800
Moti Mahal	1782 5333	Nando's	1782 5100
Mumbai Spices	1738 2255	Rendezvous	1717 8712
Nattinpuram	1729 0600	Salad Boutique	3666 4427
Nirvana	1758 9318	Trader Vic's	1758 6555
Papadom	1756 4434	Upstairs Downstairs	1771 3093
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